

## Teacher's Guide

### Why Am I Always Tired? - Upper-intermediate (B2-C1)

Canva Presentation Link:

[https://www.canva.com/design/DAHE0I2tM\\_4/ihwUWNh0o\\_7G5xVv3ydSkg/view?utm\\_content=DAHE0I2tM\\_4&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=uniquelinks&utlId=he1ef20d6f7](https://www.canva.com/design/DAHE0I2tM_4/ihwUWNh0o_7G5xVv3ydSkg/view?utm_content=DAHE0I2tM_4&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=he1ef20d6f7)

Editable Presentation Link:

[https://www.canva.com/design/DAHE0I2tM\\_4/\\_ZwI8SNjGmd9FvKA207Kkg/view?utm\\_content=DAHE0I2tM\\_4&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAHE0I2tM_4/_ZwI8SNjGmd9FvKA207Kkg/view?utm_content=DAHE0I2tM_4&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Editable Worksheet Link: [https://www.canva.com/design/DAHE0un3xwA/U8c739B8TX-wrIYHOGetSA/view?](https://www.canva.com/design/DAHE0un3xwA/U8c739B8TX-wrIYHOGetSA/view?utm_content=DAHE0un3xwA&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

[utm\\_content=DAHE0un3xwA&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAHE0un3xwA/U8c739B8TX-wrIYHOGetSA/view?utm_content=DAHE0un3xwA&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

Video Link: [https://www.youtube.com/watch?v=R9AcBHo\\_Rbc](https://www.youtube.com/watch?v=R9AcBHo_Rbc)



**Part 1.** Students choose 2–3 situations that feel familiar and talk about them.

**Part 2.** Students choose one option in each pair and explain their choice.

**Part 3.** Students look at each situation and say what might be causing it.

#### Possible answers:

1. Sleep quality
2. Sugar / caffeine crash
3. Mental load / overthinking
4. Lack of rest / constant stimulation

**Part 4.** Tell students they're about to watch a video called "Reasons Why You're Always Tired." Before watching, students discuss the question.

**Part 5.** Students watch the video and discuss which ideas stood out to them and why.

**Part 6.** Students look at the situations and decide how much each one affects their energy levels (a lot / a bit / not much). Encourage students to explain their choice.

**Part 7.** Students look at the ideas and say how realistic they are for them. For each one, ask students to explain if it would work in their daily life and why or why not.

**Part 8.** Students look at each statement and decide if it's a real reason or just an excuse. Encourage students to explain their choice.

## Reflection

Students complete the sentences in their own words.